

Message

**From:** Khan, Annie (DPH) [/O=COMMONWEALTH OF MASSACHUSETTS/OU=DPH/CN=RECIPIENTS/CN=AKHAN]  
**Sent:** 10/6/2005 2:13:59 PM  
**To:** [REDACTED]  
**Subject:** FW: AAADD

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**From:** nemedina [REDACTED]  
**Sent:** Wednesday, October 05, 2005 10:08 PM  
**To:** Svetlana Kats; Stan & Steph Fedynyshyn; Raymond Gonsalves Jr; PETER PIRO; O'Brien, Elisabeth (DPH);  
[REDACTED]

**Subject:** Fw: AAADD

----- Original Message -----

**From:** Lisa R  
**To:** Anne R  
**Cc:** Tara ; Stephanie E ; SC ; Pam D ; Nicole M ; Nancy L ; Meryl O ; Melanie C ; Mary S ; Marisa C ; Lorraine L ; Lisa M ; Lisa B ; Knyff, Karen ; Joan D ; Jenn O ; Janis R ; Gayle A ; Eileen K ; Donna S ; Deb&Bud ; Darlene ; Cindy H ; Cheryl F  
**Sent:** Wednesday, October 05, 2005 8:43 PM  
**Subject:** Fw: AAADD

Recently, I was diagnosed with A.A.A.D.D. - Age Activated Attention Deficit Disorder.

This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide my car needs washing.

As I start toward the garage, I notice that there is mail on the porch table that I brought up from the mail box earlier.  
I decide to go through the mail before I wash the car.

I lay my car keys down on the table, put the junk mail in the garbage can under the table, and notice that the can is full.

So, I decide to put the bills back on the table and take out the garbage first.

But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first.

I take my check book off the table, and see that there is only 1 check left.

My extra checks are in my desk in the study, so I go inside the house to my desk where I find the bottle of Diet Pepsi that I had been drinking.

I'm going to look for my checks, but first I need to push the Diet Pepsi aside so that I don't accidentally knock it over.

I see that the Diet Pepsi is getting warm, and I decide I should put it in the refrigerator to keep it cold.

As I head toward the kitchen with the Diet Pepsi, a vase of flowers on the counter catches my eye—they need to be watered.

I set the Diet Pepsi down on the counter, and I discover my reading glasses that I've been searching for all morning.

I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly I spot the TV remote. Someone left it on the kitchen table.

I realize that tonight when we go to watch TV, I will be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I pour some water in the flowers, but quite a bit of it spills on the floor.

So, I set the remote back down on the table, get some towels and wipe up the spill.

Then, I head down the hall trying to remember what I was planning to do.

At the end of the day:

the car isn't washed

the bills aren't paid

there is a warm can of Diet Pepsi sitting on the counter

the flowers don't have enough water,

there is still only 1 check in my check book,

I can't find the remote,

I can't find my glasses,

and I don't remember what I did with the car keys.

Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail.

Do me a favor, will you? Forward this message to everyone you know, because I don't remember to whom it has been sent.

Don't laugh -- if this isn't you yet, your day is coming!!

GROWING OLDER IS MANDATORY. GROWING UP IS OPTIONAL. LAUGHING AT YOURSELF IS THERAPEUTIC.